

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1 Acupuncture Group 1-3 PM (at Flanders location)
2	3 Chanukah Orientation 3:30-4:20 PM Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	4 Acupuncture Group 9-11:30 AM Nutrition -Lecture 12:30-1:30 PM Meditation 2:30-3 PM	5 ACT Group Week 3 2:00-3:00	6 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	7 Pearl Harbor Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	8 Acupuncture Group 1-3 PM (at Flanders location)
9	10 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	11 Acupuncture Group 9-11:30 AM Nutrition -Lecture 12:30-1:30 PM Meditation 2:30-3 PM	12	13 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	14 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	15 Acupuncture Group 1-3 PM (at Flanders location)
16	17 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	18 Acupuncture Group 9-11:30 AM Nutrition -Lecture 12:30-1:30 PM Meditation 2:30-3 PM	19	20 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Orientation 3:30-4:20 PM Nutrition Nigt 6:30:00 PM	21 Dec. Solstice Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	22 Acupuncture Group 1-3 PM (at Flanders location)
23	24 Christmas Eve Quest closing at 12:00 PM	25 Christmas Day Quest Closed	26 Kwanzaa begins	27 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	28 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	29 Acupuncture Group 1-3 PM (at Flanders location)
30	31 New Year's Eve Quest closing at 3:00 PM	November 2018 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		January 2019 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		<b>Quest Center For Integrative Health</b> 2901 E. Burnside Street Portland, OR 97214  2018 Templates                      2019 Templates